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point and set about to transform undesirable mentality into a desirable acquired character.

When people are ill no doubt this want of balance becomes accentuated or exaggerated; it also afflicts the whole household and sometimes extends to an ever-widening circle of friends and acquaintances. The nurse must be the oil to pour upon these troubled waters, and woe to the nurse who cannot constitute herself the oil.

Success largely depends upon our striking the keynote of the minds we have to deal with. Nurses must be naturally endowed with that mental touch we call tact—to give a patient the restful feeling of being understood is no mean asset to the art of nursing. Do not underrate the influence of personality; that which constitutes one's character is due to the calibre of the mind. Mentality is not a fixed thing; we are capable of improvement and by self-discipline and education of our mental faculties become the mobile background of the various trying scenes in which our profession places us.

Cultivate a sense of humor; it will help smooth out the rough places, will help you over many of the trivial everyday annoyances, the petty things that prick and irritate until life seems not worth living at times. If we would let all the annoyances of life slide off without leaving their imprint it would be better for us. We are too apt to let them grate and grind, the friction produced causing wrinkles on our faces and wrinkles in our souls.

Some writer has said: "People are what they are because at the time they must be." Absorb this truth, it will make you wisely indulgent. Each individual has to live his own life in his own way. If the world is out of joint, according to our point of view, we need to remember it is only overwrought individuals who feel it is their mission in life to set it right. We cannot reform the world, and the whole complexion of things would be changed for us if we would cultivate more tolerance for the frailities of others. Example will do more than anything else to make people over into what they ought to be.

Let us remember: "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

I. M. CARR

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